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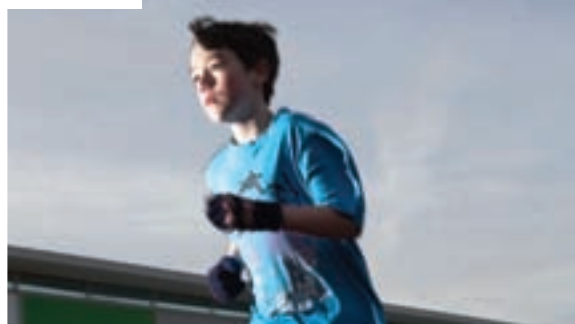
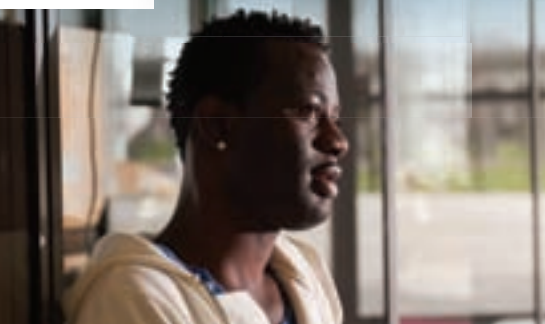
Out and proud

> 12

On the run

> 24

No flash in the pan



thenewhammag

issue 214 // 18 February – 4 March 2011



Game on

Newham Council and West Ham United
named preferred bidders (p19-22)

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Welcome to our Olympic Stadium special issue. In our four-page feature you can find out how the stadium will inspire our whole community for years to come, from providing jobs and sports facilities to live entertainment events and community activities (p19). We are also proud to launch the Junior Newham London Run (p12) and celebrate lesbian, gay, bisexual, transgender history month (p10).

*Cllr Paul Brickell
Executive member for Olympic opportunities and public affairs*

Don't forget – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.

MAG TEAM: 020 3373 4576

IN FOCUS REPORTER/PHOTOGRAPHER:

Deirdre Wallace 020 3373 2684

STAFF PHOTOGRAPHER: Andrew Baker

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Look out for the next issue from 4 March 2011

contents

18 February 2011 // **issue 214**

Regulars

- 04 NEWS** – two pages of news from across the borough
- 06 MAYOR'S VIEW** – news from Sir Robin Wales
- 16 NEWHAM IN PICTURES** – your fortnight in photos
- 24 WORKING LIVES** – Ronald James on his family's booming bath business
- 26 HEALTH** – stub out smoking for good
- 28 YOUR SPACE** – Nushrat Mostafa raises her voice to protest the rise in tuition fees
- 30 OUR NEWHAM** – community news from across the borough



10



14



12



28

- 32 KIDS' CORNER** – poems, pictures and puzzles for our younger readers
- 34 WHAT'S ON** – five pages of activities and events for you to try – most of them free

Features

- 08 PROTECTING CHILDREN AND YOUNG PEOPLE** – where to go if you have concerns
- 10 LGBT HISTORY MONTH** – celebrating the lesbian, gay, bisexual and transgender community
- 12 JUNIOR NEWHAM LONDON RUN** – young people get on their marks
- 14 FRESH AND FLAVOURSOME** – a resident's exciting food business
- 19 OLYMPIC BID WIN** – how the Olympic Stadium will benefit residents for years to come

IN BRIEF //

Free health and safety event

Businesses are invited to a health and safety event on Tuesday 1 March from 12noon-4pm at West Ham Football Club, Green Street, E13.

The Health and Safety Executive sponsored event will provide advice on planning for emergencies and attendees can take part in workshops on gas safety in food premises and the duty to manage asbestos in the workplace.

Businesses must book their place to ensure their attendance; text your business name to: 07815 952 987 or email healthworks@newham.gov.uk

.....

Be flood aware

Residents are invited to a flood awareness day at Thames Barrier, Eastmoor Street, Charlton, SE7. Find out if your home could be at risk of flooding and what steps you can take to protect your property at the event, hosted by The Environment Agency, on Thursday 10 March, from 9am-3pm. You can also see the test closure of the Thames Barrier.

Booking is not necessary. For more information visit www.environment-agency.gov.uk/floodthames or call 020 8305 4175.

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Corrections

In issue 211, Newham University Hospital NHS Trust reported on their Eat Well pilot. Arvind Parmar and Donna Kaizer featured in the photo were not patients at the hospital but formed part of the Older People's Reference Group. We apologise for the error.

In last month's Custom House and Canning Town In Focus, incorrect times were printed in the *Canning Town regeneration: have your say* article.

We apologise for any inconvenience caused.

Kids celebrate Olympic Stadium good news

The school closest to the Olympic site in Stratford was among the first to celebrate West Ham United FC and Newham Council being chosen as preferred bidder to take over the Olympic Stadium.

Carpenters Primary School in Friendship Way has more than 400 pupils aged from three to 11. It has used the Olympic and Paralympic Games to develop pupils' understanding of the world including links forged with schools abroad.

Head teacher Sheryll Alexander said: "Our learning has been enriched in so many ways through the strong partnerships the Olympic Games have allowed us to make with schools abroad and visits from former Olympians. These have left a lasting memory for pupils and they can continue now that the Olympic Stadium remains in the hands of West Ham United and Newham Council."



Celebrating success: children from Carpenters Primary

Preened and pampered by Age UK Newham

Indulgence was the order of the day for almost 300 people who enjoyed a free pampering day hosted by Age UK Newham, formerly Age Concern Newham.

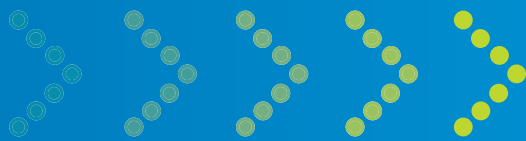
Residents aged over 50 flocked to Newham Town Hall, E6, to learn about diabetes management and diagnosis, sat down to a health MOT or enjoyed a free chair-based massage.

Make up sessions, manicures and mendhi (henna painting) were on offer, as well as the chance to trial exercise apparatus available at Newham's leisure centres.

As well as the activities and advice, visitors were treated to carrot and coriander soup, Tuscan bean soup or Gumbo Ya Ya, a spicy vegetable ratatouille. Recipes for all are available from Age UK Newham at 655 Barking Road, E13, or by calling 020 8503 4800.



Nailing it: Cllr Joy Laguda, executive member for older people, enjoys a manicure



News

Students dish up to council staff

A group of pupils from Forest Gate Community School came to council offices at Newham Dockside to see their meals marketed and served to staff.

As part of a special project between the school and caterers Aramark, the students spent the past eight months developing their innovative and original meals, one based on

Jamaican patties, the other chapattis with Asian filling. The aim of the project was to develop ethnic food items which present value for money through drawing on traditional recipes handed down through the generations. The students also learnt about design, marketing and finance.

Councillor Neil Wilson, executive member for equalities and social inclusion, said: "The food was absolutely fantastic – it really shows how the creative minds of young people can be encouraged to work with our partners at Aramark. This helps to ensure that there is a real commitment to provide diverse food which is both interesting and nutritious."

Check out the next issue of *the Newham Mag* to hear what students thought about working on this innovative project.



Cllr Neil Wilson and Aramark's training and operational director Val Carter are served by two students

A brighter future for schools

A landmark High Court ruling has confirmed that the Secretary of State acted unlawfully in his decision to scrap the national Building Schools for the Future programme.

Newham Council issued Judicial Review proceedings with five other local authorities in protest at Michael Gove's decision, made last July.

Despite the council having a successful record of delivery and approval for future schemes, the coalition Government announced that more than half of Newham's school building projects would be stopped, along with more than 700 school building projects nationally. In Newham, 12 schools were affected by the decision, with £252.1m of funding pulled.

The Secretary of State must now reconsider his decision to end school building schemes in Newham, Luton, Nottingham, Waltham Forest, Kent and Sandwell.

Childminders' success celebrated

The work of some of the borough's best childminders was recognised at an evening of celebration.

Around 100 Newham childminders were presented with high performing or core performing certificates for the work they do looking after children in their own homes.

All childminders must register with Ofsted and meet certain standards of care. Childminders at the event received either a satisfactory, good or outstanding grade from their Ofsted inspection.

Councillor Quintin Peppiatt, executive member for children and young people, who attended the event, said: "We now have 160 childminders that have achieved an award and completed early years foundation stage learning in areas including first aid, safeguarding children and food hygiene."

If you are interested in training to become a childminder visit www.newham.gov.uk and search for 'becoming a childminder', email customer.services@newham.gov.uk or call 0800 074 1017.



Susanna Dawson and Cllr Peppiatt present a Newham childminder with her certificate of achievement

People are the real winners

I was delighted when the Olympic Park Legacy Company named us and West Ham United as the preferred bidders to take over the 2012 Olympic Stadium in Stratford after the Games. The decision is the right one because it ensures people are the winners in Newham, across London and throughout the nation.

Ours will be a people's stadium; one that delivers legacy and provides the inspiration and opportunities that will make a fundamental and lasting difference to people's lives. The stadium must be much more than just bricks and mortar – but they are lovely bricks and it would have been daft to tear them down.

“The decision is the right one because it ensures people are the winners in Newham, across London and throughout the nation.”

London won the right to host the Olympics by making a promise to leave a lasting legacy, not just for us and our children but for future generations. Our bid is about giving something back to the community. Spectacular events drawing huge crowds could sit side by side with community activities. You could see your favourite band on stage – then sing on the same stage in a community choir the next day.

It will be the spark for huge

regeneration projects across the capital, but the benefits for Newham will be colossal, including the transformation of Green Street.

We recognise that the hard work is not over yet and we will be putting all our efforts into getting ready to make the necessary changes as soon as London 2012 is over.

I've seen lots of nonsense printed about the cost of the bid so let's get to the facts. It isn't going to cost us the taxpayer a penny – in fact it's going to create revenue.

We are arranging a loan of up to £40m to a special company that will

be set up to run the stadium. That loan comes at no cost to the taxpayer. The stadium company will pay it back and we'll make money out of the investment we've made.

And it really is a win-win situation because not only will it cost us nothing, not only will we make money out of the deal, but our community will also be reaping the benefits of having the Olympic Stadium put to good use.

Whether you're a Hammers fan or not, we want to get local people using the stadium. We want cheap sports tickets, music events and our kids to be able to say they've played sport



Mayor's view

“It will be the spark for huge regeneration projects across the capital, but the benefits for Newham will be colossal, including the transformation of Green Street”

in the Olympic Stadium, plus there'll be free tickets for residents for football matches.

I have always said that the real benefit of hosting the 2012 Games comes in making people's lives better. Whether getting a job, getting active or volunteering in the community, I want the Games to inspire people to do something for themselves.

Though we have been selected as the preferred bidder, our work continues on the physical development of the Olympic Park and how we can use it after the Games. We will also show how we will expand participation in sport and activity.

We believe that when someone



Hammers chairmen David Gold and David Sullivan, Newham's chief executive Kim Bromley-Derry and West Ham vice-chair Karren Brady

takes part in sport, music, dance and other activity it enriches their lives. This is particularly important for young people – participation in some form of activity has a significant benefit to them. We are working hard to promote this through investment in our sports facilities and our promise to continue offering free swims to young and old despite

the government cuts. And we continue to provide the largest programme of free sport and activity in London.

“We want to use the Games to inspire everyone to try for more – to work to improve their lives.”

Most importantly is how to use the Games to inspire our people. We have 18,000 residents who have never worked. Without a job and an earned income people's lives are impoverished and their hopes and aspirations stifled. We want to use the Games to inspire everyone to try for more – to work to improve their lives. Securing the stadium will help us do just that.



David Gold, left, David Sullivan and Sir Robin Wales address the nation's media

with Sir Robin Wales

Taking good care of our children and young people

Protecting those who are most vulnerable is one of our most important responsibilities. With the highest proportion of young people of any local authority in the country, ensuring our children are safe is at the top of our list of priorities – and we all have a role to play in looking out for their welfare.

As neighbours, friends and members of the community, we all come into contact with children and families in our everyday lives. But what if you see or hear something that might indicate that a child is being hurt?

Abuse and neglect can range from things like very poor conditions in the home to noticeable changes in the way a child is behaving and relating to others, or unusual physical injuries.

If a child is in immediate danger, for example if you witness or believe you can hear a physical assault on a child, please call the police on 999.

If you are worried about a child, but do not think he or she is in immediate

danger, you should be clear about exactly what you have seen or been told and:

> **Speak to a professional:** doctors, teachers or anyone who has a role in protecting children will listen to your concerns and talk to you about whether you need to make a referral; every school, nursery and children's centre in Newham has someone who leads on child protection

> **Call Newham Council:** speak to a social worker who will listen to your concerns and advise accordingly. During office hours call **020 8430 2000**, at all other times contact the emergency

duty team on **020 8552 9587**

> **Call ChildLine:** this is a freephone service for children and young people who are experiencing issues they are finding difficult to talk about. Call **0800 1111** or visit **www.childline.or.uk**

Professionally speaking

The Newham Safeguarding Children Board (NSCB) is a group of senior representatives across all agencies that work with children and families in the borough. The NSCB makes sure that everyone works together to keep children and young people safe. Find out more by visiting **www.newham.gov.uk/nlscb**



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Making sure your home is well-insulated can save you up to £265* a year on your fuel bills, as well as keep you nice and warm.

London Warm Zone is a not-for-profit organisation working in partnership with Newham Council to help homeowners and tenants renting from a private landlord with home insulation improvements.

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- are in receipt of income or disability benefits
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We make it easy for you with a free home assessment to check if your home's insulation could be improved. Call us now so your home is ready for this winter.

* Estimated saving of £265 a year is for a three bed semi-detached, gas heated property with full loft and cavity wall insulation installed.



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*Please call to check when your course starts
All courses are subject to sufficient demand



www.newham.ac.uk



Newham College Official Group



A young Black man with short hair and a light beard is looking out of a window. He is wearing a light-colored shirt. The background outside the window is slightly blurred, showing some greenery and buildings.

COMING OUT AND GETTING ON

February is Lesbian, Gay, Bisexual, Transgender (LGBT) history month. This celebrates the achievements of the LGBT community and reminds us that everyone has a right to be open and respected – whatever their sexuality.

In Newham, we pride ourselves on how well members of our diverse community get on with each other. We have a shared understanding and respect for people whatever their background or sexual preference. It is important we use this mutual respect to challenge bullying or intolerance and promote equality for all.

If you're lesbian, gay or bisexual, it can be hard being open about your sexuality to friends and family – and transgender people face a lot of other challenges. *The Newham Mag* caught up with Emmanuel Okoghenu, 18, who spoke to us about his experience of being a young gay man in Newham, and where he found help and support when he needed it.

Emmanuel's journey

"I don't even know when I realised I was gay. Maybe ten. I was really small. Even before I knew what sexuality was, before I'd heard the word gay or homosexual, I just knew there was something different.

"I came to England over a year ago. I went to school overseas and it was hard to come out as gay there. It was really bad, I got bullied at boarding school. Sometimes people would beat me up or want me to give them money not to tell people I was gay because if people in authority found out they would expel me. So I had to hide it and not tell people.

"My dad moved to England from Austria and moved the whole family over. I started sixth form when I came to London. Before I came here I was not planning



Emmanuel Okoghenu

on coming out to anyone, but somehow my family found out and now I can pretty much come out to everyone. I am really surprised because at college I have not experienced homophobia. I don't hide it but I don't know if people can guess when they see me. I have experienced a little homophobia on the bus – a man called me names and said some nasty stuff.

“I am really surprised because at college I have not experienced homophobia”

“I've received help and support from lots of organisations when I've needed it. The East London Out Project (elop) has been great. It runs a group for LGBT young people and you can just get together,

watch movies, play games and learn about relationships. Sometimes guests visit us too. It's good for LGBT people to meet together and build a community to share their experiences and help each other.

“If you have a problem that elop can't handle they're connected to other groups that can help you. I needed help with accommodation so they contacted the Albert Kennedy Trust for me, which is another charity for LGBT young people, and they helped me find a home.

“I feel a lot better now I've come out. I feel I can express myself more because the people I am around are safe people and I can talk to them. I know a lot of people that are willing to support me and help me. I like my life the way it is.”
If you're a young person that would like to

meet other LGBT people or get support and advice, why not get in touch with the following organisations.

Paris

This Newham-based youth group for LGBT young people aged 13 to 19 meets every week for activities, chats and fun. For more information call freephone **0800 0556 402**.

East London Out Project (elop)

This charity runs a variety of events and activities as well as providing a counselling service. For more information visit **www.elop.org**, email **info@elop.org** or call **020 8509 3898**.

Visit **www.newham.gov.uk/lgbt** for more information on LGBT history month.



Go the **distance**

All over London, people are rising early and hitting the ground running in training for the Newham London Run 2011. But this year there are even more feet pounding pavements, because, in what will be the last run before next year's London Olympic and Paralympic Games, the council has laid on an extra run especially for young people.



Patrick practises

The 4.5k Junior Newham London Run will take place on Sunday 27 March at 10.30am and will begin after the adult run. It is open to anyone between the ages of ten and 17 and is just £6 to enter. Even better, runners will have the unique and impressive backdrop of the Olympic Park to inspire them, as the race takes place entirely within the Westfield Stratford City site.

Get on track

Join in the athletics training – more details in our What's On listings on p36.

Running not for you?

Try our free indoor rounders sessions for young people

Every Monday, 7 February – 4 April, 7–8.30pm

Or brand new dodgeball – the sport where YOU are the target!

Every Monday, 7 February – 4 April, 6–7pm

Newham Sixth Form College, Prince Regent Lane, E13

Open to everyone 16 years and over.

For more information please contact 020 3733 7511

Email getactive@newham.gov.uk

The first three runners to finish will be presented with trophies and will receive a medal. The top eight finishers will be entered into the Virgin Mini London Marathon on Sunday 17 April in central London. Runners have until Sunday 6 March to enter online: see below for more details.

Newham can boast the youngest population in the country as well as some of the greatest athletes in the world, including Olympic gold medal winners Christine Ohuruogu MBE and Tessa Sanderson CBE, so we are looking for local runners to represent their neighbourhood this March! You don't have to be the best runner in the world; you just have to take part and have fun.

Case study: Patrick Sammon

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We caught up with one of the borough's young runners, Patrick Sammon, who was inspired by the Junior Newham London Run to take to the track.

Patrick is 12 and a real local boy. Born at Newham University Hospital and educated at home by his parents in Forest Gate, he also learns piano at East Ham's Newham Academy of Music and attends two youth clubs in the borough.

Being home-schooled, Patrick has to take control of his own social life as well as his sporting education. His athletics sessions cover both. He says: "I was looking for something new to do when I saw the ad in *the Newham Mag* for the run. So I've

only been running for a few weeks but I hope to be able to enter. The track at Newham Leisure Centre is great because we can train indoors or out, depending on the weather. I've made quite a few friends here too – it can be competitive but it's fun."

Patrick aspires to become a postman once he has finished his studies, because he says he wants to spend his days in the outdoors. And at his athletics training he is showing promise; so far, Patrick has proven himself a good long distance runner, with plenty of stamina for a postal round! He says: "I'm getting good at long distance but I'm definitely not a sprinter. I'd like to finish the run in an hour though – that's my aim."

With only a few weeks' training under his belt, Patrick's longest run was 2k – half the distance he'll need to cover on Sunday 27 March. He's keeping cool though, with help from his trainer: "I just have to do lots of laps to improve. Nicole, my coach, is helping me get there – if I don't do something right, she tells me to go and do it again until I do it right."

There are 100 free places available on the Junior Run. To snap one up, please call Rhian Horlock on 07971 286 250. Otherwise the entry fee is £6. Please go to www.newhamlondonrun.org for more information.

Chop and change: fresh food for a fiver

One of the reasons we often find it difficult to eat healthily is cost; packaged food can seem cheaper, especially when we have only a few ways to prepare fresh food up our sleeves. It's so easy to slam something in the oven, but that can be a recipe for a poor diet and potential health problems later. But help is here in the form of Debbie Callender, who is working from her Plaistow home to bring healthy, cheap meals to the masses.

Starting out a year ago with her own food blog, providing free vegetarian recipes that can be cooked for just five pounds, Debbie has now, with the support of East Ham-based Strip Studios, moved on to provide recipe apps for mobile phones. So now you can carry the recipes with you right into the kitchen. Debbie makes it really simple, with films of her cooking the meals step by step, so even novices can keep up!

Debbie was inspired by the sights and smells on London's streets. She says: "Walking down the road you can smell chicken shops and greasy food frying everywhere. Sometimes I can even smell it from my back garden. Healthy, vegetarian food can be just as exciting, so why shouldn't it be just as popular? People without lots of disposable income deserve the right to eat well and not spend loads of money.

"I've always wanted to start up my own mobile café, selling healthy vegetarian food. Having the money to start something like that is a bit tricky, so I started my own food blog for the time being. I've always been passionate about food and have been a vegetarian for 23 years. One day I thought, I put on a great spread for our friends, people always come to me for vegetarian recipes, why not turn this into a business?"

Debbie is a devout veggie but you don't have to be to try her food. She says: "I'd like to empower people to cook vegetarian food and realise that it can be exciting. I've tested out all

the recipes myself so I know they're great – now it's your turn!"

Debbie has prepared a recipe especially for readers of the *Newham Mag*, so why not see if you can go meatfree for one meal?

Appy eater

If you have an android phone, why not try Debbie's apps; search for Debbie Callender in the iTunes store.

Visit her blog at <http://fiverfood.blogspot.com>

Wild Rice Salad

Ingredients

1 cup long grain rice	2 tbsp red wine vinegar
1 cup wild rice	1 teaspoon sugar
1 clove of garlic	(preferably brown)
4 cups vegetable stock	2 tbsp dark soy sauce
4 stalks celery, sliced	
8 green onions, sliced	Decorative purposes (!)
Salt and pepper	2 cups thawed frozen peas
1/4 cup olive oil	Cherry tomatoes
3 tbsp Hemp Seed Oil*	(cut in half)

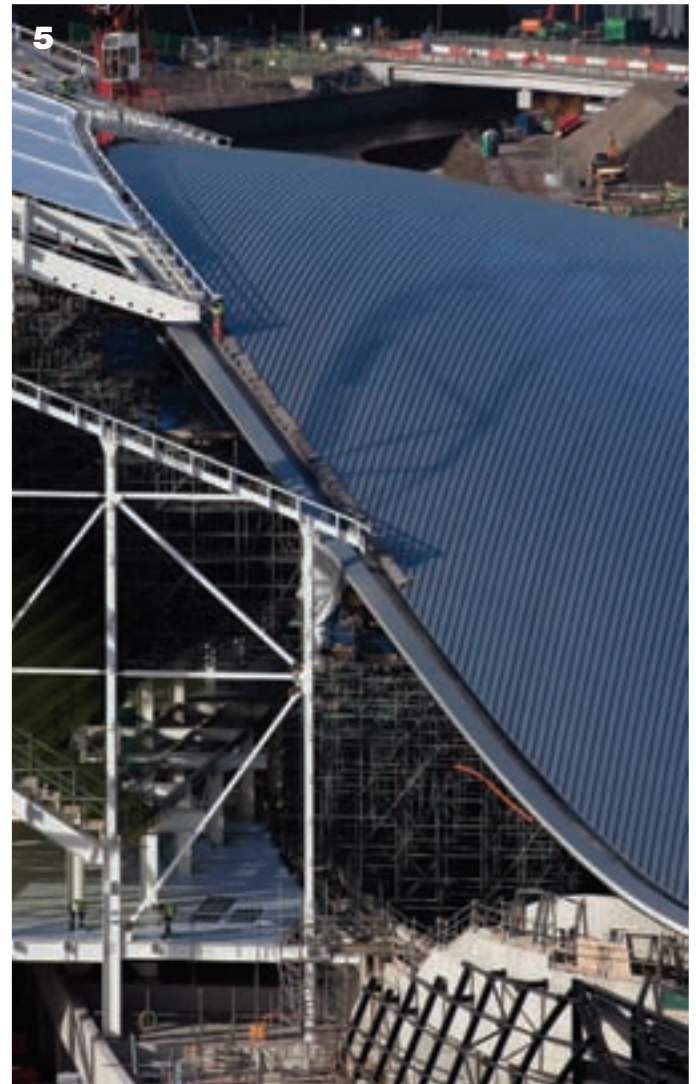
Method

- 1 Pre soak the rice in cold water for a minimum of two hours
 - 2 Put the vegetable stock in a medium sized saucepan. Add the rice and wild rice, bring to the boil, reduce heat to low, cover. Let cook for 40 minutes. Remove from heat. Cool completely.
 - 3 Whisk together the olive oil, dark soy sauce, red wine vinegar, sugar, and *Hemp Seed oil.
 - 4 In a large bowl gently mix together the cooled cooked rice, chopped celery, green onions and dressing. Add salt and pepper to taste, if needed.
- Chill completely before serving. Serves 8-10.

*Daily Tip: 3 teaspoons of Hemp Oil a day...to keep the skin smooth!



Newham in pictures



1 Line up for transport improvements at Stratford. **2** Greenshoots: Tolu (3) and his friends from Tollgate School plant seeds for the living roof at the 2012 Games International Broadcast Centre/Main Press Centre. **3** Going for the burn at the Beckton winter active centre. **4** Rewarding job: childminders celebrated (see p5). **5** Making waves: progress on the Aquatics Centre in Stratford.

**PLUS
THE JUNIOR
NEWHAM
LONDON
RUN**

Newham London *Run2011*

Sunday 27 March

Sign up now for your place in the second
10k Newham London Run through Stratford City, Stratford High Street,
the Olympic Park, the Greenway and Stratford Park

Open to runners of all abilities aged 15 and over

Enter now at
www.newhamlondonrun.org

*Brought to you by the
Mayor of Newham*



On track for community legacy

The deliberation is over. We are proud to announce that Newham Council's joint bid with West Ham United FC to take over the Olympic Stadium after the 2012 Games is the preferred option of the Olympic Park Legacy Company (OPLC).



Our package will benefit the whole community – not just football fans and athletics enthusiasts. Our plans get the most out of the venue while guaranteeing access for our residents.

Schools will be able to hold their sports days in the stadium and a learning zone will be created for students to learn about and be inspired by the 2012 Games legacy. The stadium will be developed into a multi-use venue that will be able to offer accommodation for football, athletics, cricket, live entertainment events, community activities, private hire and more.

Why our bid was best

Mayor Sir Robin Wales said: "Anyone who has seen the news in the past few weeks will know that our plan for the stadium was the one looking out for the long-term good of Newham. Jobs, sports facilities and inspiration to aim higher; these are the principles at the heart of our bid.

"With West Ham United we have connected old-fashioned East End passion for football with the Olympic development, the epicentre of change in London, and have guaranteed the best interests of the borough.

"It's our job to seize the once in a lifetime opportunity to really make a difference to the lives of our people"

"To see a magnificent stadium demolished and rebuilt would have gone against the legacy promises London made when the bid for the Olympic and Paralympic Games was just a pipe dream. I am pleased that the OPLC board chose an option that secures the stadium as a place that will invest in sport, community and leisure. It's our job to ensure we get the best possible outcomes for our residents and seize the once in a lifetime opportunity to really make a difference to the lives of our people."



We had the best plans – and the backing

Supporters of our bid ranged from legendary actor Sir Michael Caine CBE to Olympic gold medallist Christine Ohuruogu MBE, with many other local celebrities and businesspeople chiming in to endorse what was always going to bring the best legacy to Newham's residents. Here are just a handful of people that have acknowledged that Newham Council and West Ham United's plan has legacy at its heart.

"I give my full support to the West Ham United and Newham Council bid. The move will not only make the policing of football matches much easier, it will also enable the good work already being done by the club and council in the local community to become even more successful."

Simon Letchford, Newham Borough Commander, Metropolitan Police



"The prospect of being able to stage Twenty20 cricket in the stadium provides us with a fantastic opportunity to further engage with an important supporter base."

David East, Chief Executive Essex Cricket

"I back the Newham and West Ham bid because I live in the area and I want to see the Olympic Stadium still be used and still alive once the Olympics is over."

Christine Ohuruogu MBE, Commonwealth and Olympic Champion





Five reasons why our bid was best

- > Our bid is financially sound and will lead to massive investment in our community. It will protect the £500m of public spending on the stadium and will give back to taxpayers both financially and socially.
- > Our bid ensures there will be a busy multi-sport stadium – vibrant, job-creating and community-focused. It will be a world-class venue where communities can come together and enjoy sports, arts and culture.
- > Our bid will honour the promise, made in HM The Queen's name in Singapore in July 2005, to further the Olympic spirit in London for generations to come.
- > Our bid provides for excellence in football and athletics, promoting all sports and sport for all. From schoolchildren to elite athletes, professionals to amateurs, everyone will benefit.
- > Our bid means there will be no demolition. Instead we will have a stunning transformation of the Olympic Stadium that stands proud as a legacy for this generation and the next.

How it will work

The council has agreed to secure a commercial loan of up to £40m to make our dreams for the stadium a reality. The loan will not be made to West Ham United. A stadium company, of which the council and West Ham will share ownership, will be created and the loan given to them. The stadium will be the responsibility of the stadium company. West Ham United would be one of the organisations renting the stadium from them. The loan is repayable – with interest.

As this loan will not be drawn from existing budgets for services, it will not impact on our services or come at a cost to our taxpayers.

Even if we wanted it to, the

money for the loan could not be used to support the services we provide as a council. Local government finance rules only allow councils to borrow for investment. Money we receive for providing services is not repayable to the Government. However, as this loan has been provided as an investment it will need to be repaid. This will be done through the stadium company.

You can read more about the loan and other frequently asked questions relating to the Olympic Stadium bid by visiting www.newham.gov.uk/stadiumbid



Focus on the future

Although we have been selected as preferred bidder, our work to secure a stadium legacy that meets our needs and the needs of our residents is far from over.

Our plans for the stadium involve all our residents and are based on it being in use 365 days a year – not just every other weekend for football matches. The next step for us is to get the best deal from this opportunity and show the OPLC that granting Newham Council and West Ham United the chance to take over the stadium was not only the best decision for our residents but for the entire country.

As council chief executive Kim Bromley-Derry pointed out when we submitted our bid: “It won’t just be a spectator experience. It will be an inspirational place where people can compete themselves, whether as an elite, club or community athlete or as an aspiring young star of the future taking part in the School Olympics.”

Stratford and beyond

The plans aren’t all focussed around Stratford. If West Ham United’s home ground moves from Upton Park to Stratford it gives us the opportunity to further enhance Green Street, an already vibrant area of our borough. It is hoped that the club’s existing site could become a mixed use development for homes, more shops and a range of community facilities.

Moving the home ground to Stratford also means that residents and visitors to Upton Park will not feel they have to avoid the area on match days. Green Street will be relieved of additional match day congestion from vehicle traffic and parking

problems. The club can attract new fans from the borough and beyond who will be able to support their team with ease with the improved transport links at Stratford Station.

The original host city bid promised the International Olympic Committee that the Olympic Park would provide local people with significant improvements in the environment, health and wellbeing, education, skills, training and job opportunities and cultural and social integration. Turning these words into tangible benefits for our community is the challenge that awaits, but one that we’re confident will be at the heart of a lasting legacy for this generation and the next.

Could you represent local people who use Community Health Care Services in Newham?

If so, nominate yourself to
become a Trust Council Member!
Briefing Session
22 February 2011



On 1 February 2011, Community Health Care Services Newham merged with East London NHS Foundation Trust bringing services such as community nursing, therapy and support services provided from local health centres together with mental health services.

There are now four additional Foundation Trust Council Members seats who will represent people who use local community health services in Newham. Elections for these seats will take place in April 2011.

Some of the ways that Council Members play a vital role in the work of the Trust are by:

- > **Representing the interests of Trust members in how the Trust is run**
- > **Being involved in working groups**
- > **Bringing views from the community to the Trust**
- > **Being the link between the Board and Members**
- > **Holding the Board of Directors to account for the performance of the Trust**

To find out more about the role of a Council Member and the elections, you are warmly invited to attend a Members Council Briefing Session on:



Tuesday 22 February 2011
from 5.30pm-7.30pm
at Grassroots, Memorial Park
Memorial Avenue, West Ham E15 3DB

To find out more and to book a place to attend: Contact the Membership Office on 0800 032 7297 or email foundation@eastlondon.nhs.uk

Baths, bidets & basins

When Hezekiah Morris James, an ironmonger from Ipswich, decided to set up shop on a green field site in Romford Road, Manor Park, he couldn't have predicted that more than 125 years on his business would have survived two World Wars – and be going from strength to strength.

The term 'specialist' doesn't get any more accurate than at H M James and Sons. The unassuming shop front at 736-740 Romford Road has become part of the landscape. It began trading in cast iron kitchen ranges for Victorian properties in the area. Today it has evolved to arguably become the leader in ceramic bathroom furniture. The bespoke rainbow-colour range of products stocked at H M James (in excess of 90 different shades) are made entirely at their kilns in Staffordshire by generations of crafters.

The H M James HQ is a mix of showroom, storeroom, back office and museum. Behind the scenes you'll find

a treasure trove of memories that H M's grandson Ronald James (pictured above) delights in sharing. Furniture made from reclaimed wood furnishes the offices and framed sepia photographs of days-gone-by decorate the walls. These are not mementos but the footsteps of family history that have shaped the business today.

Ronald is the oldest member of the James family. He and his brother Douglas took over from their father Herbert Richard James, one of H M's four sons. The team at the store is made up of family and staff that have dedicated their working lives to the success of the business. As well as Ronald, his wife, daughter, son-in-law, son

and daughter-in-law all play their part in keeping the tills ringing.

In 1944 Ronald, like most other men of fighting age, joined the Army. Enlisted as a mechanical engineer, he was stationed in Palestine. Little did he know that when he returned home in 1948 it wouldn't be the place he remembered. He said: "We'd been badly bombed in the war and the building was propped up.

"Materials were very short. The building you see today is largely constructed from salvage steel from the buildings in London that were bombed. It was a case of looking at what you could do in the world around you. Here we





had his building that had been nearly all demolished and I took that on.”

Why did you change from cast iron supplies to bathroom specialists?

We were general builder’s merchants up until the War, and for some time afterwards. With the advent of supermarket style builders’ shops, small independent builder’s merchants were becoming less viable.

We decided to specialise in sanitary ware, everything else we eliminated. It was an inevitable evolution; you can’t have a small independent shop selling half pints of paint in the face of shops like B&Q. I

think we’re unique in as much as we don’t know of any other company who has a warehouse like ours selling sanitary ware from their own kilns.

Who is your typical customer?

We’ve always had a reputation in the industry for stocking things that no one else has.

People don’t come in for a browse, they come here looking for a particular thing. They might be after a white bathroom suite, and want to get it from us as they’ve heard about our reputation, or they might be after a pink pedestal, sink, toilet seat or cistern.

How far afield do you sell your products?

We’ve produced goods for the Indian Navy, replica basins for Leeds Castle and have customers as far afield as Sweden – they regularly order heavy duty black toilet seats. We also supply goods across the UK.

Why do you think H M James decided to open his business in Manor Park?

Nearby, there was a principal staging point for the carters who’d bring in vegetables or farm products. I think if the carters had a broken shaft on their trucks Grandfather would be there on the side with a forge to repair it.



Make it your time to quit

If quitting smoking was at the top of a New Year's resolutions list you'd rather forget, No Smoking Day on Wednesday 9 March is your chance not to give up on giving up.

Any day is a good day to quit smoking but every year thousands use No Smoking Day as a starting point for their smokefree future.

Making the transition from smoker to non-smoker could be easier than you think; if you're determined to quit and have the willpower to make it happen, NHS Newham will help you all the way.

The health benefits of giving up are no secret. By stopping smoking you reduce your – and those of people around you who may inhale your cigarette smoke – chances of getting lung cancer, heart disease or suffering a stroke.

As well as a better bill of health, you'll immediately feel the financial benefits of quitting smoking. Over a year, it's estimated that a 20-a-day smoker will

spend more than £2,000 on cigarettes. Can't think what you would do with an extra £2,000 a year? Here are a few suggestions:

- > enjoy a two week holiday for four people in Spain
- > watch five movies at the cinema every week
- > join the gym 43 times
- > visit 24 Premier League football matches
- > buy 12 brand new MP3 players
- > have 12 family fun days at a theme park
- > buy two 32" LCD widescreen TVs.

To find out how much smoking costs you, type NHS Stop Smoking Calculator into a search engine on the internet and use the

online calculator to see how much you could save.

Make Wednesday 9 March your time to quit

NHS Newham's Stop Smoking service is free. If you sign-up and set a date to quit before the end of March you will receive a free money box and pen and you will get your first week of Nicotine Replacement Therapy product FREE.

There are lots of places where you can get support to quit. Call freephone 0800 013 1673 or 020 7059 6630 (local rate charges apply) or text Quit to 60155 to find out more.

STRATFORD EAST
NEW DRAMA

THEATRE ROYAL STRATFORD EAST presents

MARTINA COLE'S THE GRAFT FROM 11 FEB

Adapted for the stage by Patrick Prior

020 8534 0310

**STRATFORD
EAST**.com

GERRY RAFFLES
SQUARE,
LONDON, E15 1BN

Age 15+. Contains strong
language and is not for
the easily offended.

THEATRE ROYAL
STRATFORD EAST



supported by
**ARTS COUNCIL
ENGLAND**

Newham London



Got something to
shout about? Email your
ideas to [newham.mag
@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

YOUR SPACE

where young people take control

UNI FEES FURY

Nushrat Mostafa, 15, a student at Kingsford Community School, Beckton, talks about her anger at the rise in university tuition fees and the student protests.

"Thousands of young protestors lined the streets of London in December to express their rage against the huge rise in university tuition fees. The Government has announced that from 2012 the average university fees bill can treble to a maximum of £9,000 per year for a student.

"This message was not taken calmly by young students. Holding placards, they surged onto the busy roads of central London to express their growing rage and anger towards the Government's outrageous decision.

"Students like myself need to be aware of what is going on around them, not just locally but on a national scale"

"It was only fair that these students protested along the streets of London to make their stand. Undoubtedly they formed a determined crew who stood by their words and were unwilling to back down.

"These demonstrations were carried out to inform people that yes, students are passionate about their education; that students do want to gain good qualifications for later on in life. It was certainly a night to remember for those watching and taking part.

"With these student protests in mind, surely the Government should be reflecting on this and be thinking: is this right? Is this right for the future of Britain? Is this right for the future of higher education?

"Students like myself need to be aware of what is going on around them, not just locally but on a national scale. These protests have shown that many thousands of students do not want this change in university fees, and they will continue to protest to get what they deserve."



Nushrat Mostafa
protests

If you want to have your say on issues that affect young people, get involved with the Young Mayor and Youth Council visit www.newham.gov.uk/youngmayor





Adopt a child and transform a life

Telephone **0800 0130 393**
www.newham.gov.uk/adoption

a place where people choose to
live, work & stay

FROM SCARED TO PREPARED: COMMUNITY SAFETY EVENT

The Newham Witness Support Scheme invites you to an event on community safety at the Old Town Hall, 29 Broadway, Stratford, on Friday 4 March from 10am to 4pm. Come along and find out what services can support you to become a witness if you see crime in your community.

There will be stalls from Witness Support, Victim Support and the Metropolitan Police, among many others, including local groups. You can join in with workshops, listen to speeches by high profile guest speakers or just browse the stalls.

Everyone is welcome, at any time in the day.

If you would like any more information call:

Steven Mullard on 020 3373 1139 or email steven.mullard@newham.gov.uk



Volunteer to be part of the Crew

WorldSkills, the largest skills competition on Earth, is coming to Newham this October and its organisers need your help. The team is looking for young people to get involved in its volunteer programme, Crew 2011.

Newham will be welcoming 1,000 competitors from over 50 nations, who will be competing in 46 skills, from welding to web design, car maintenance to confectionery. The first person a visitor or competitor meets will be a volunteer, which is why the WorldSkills London 2011 team is looking for the best of the best. You must be aged over 16 and be prepared to work a minimum of five shifts between 21 September and 6 October. With hundreds of activities taking place in a space the size of ten Wembley football pitches, you will need to be prepared to cover a lot of ground!

Young Mayor Ali Mohamed has given his support to Crew 2011. He said: "Young people have so much to offer and volunteering is a great way to give back to the community and develop skills at the same time."

So far, 500 people have signed up. Register your interest now at www.worldskillslondon2011.com, or email volunteer@worldskillslondon2011.com or call 020 7429 2800.



WIN! WIN! WIN! Tickets to see Martina Cole's The Graft

A dramatisation of one of Britain's best loved author's novels is once again hitting the Theatre Royal Stratford East's stage, Gerry Raffles Square, E15.

To celebrate, we've got two pairs of tickets up for grabs and a T shirt and book for each winner.

To be in with a chance of winning, simply answer this question:

Which Martina Cole novel was adapted and performed on the TRSE's stage last year?

Send your answer with your name, age, phone number and address to Newham Mag, Newham Dockside, 1000 Dockside Road, E16 2QU or email newham.mag@newham.gov.uk.

The deadline for entries is Monday 28 February.

The age recommendation for The Graft is 15 years and over. Visit www.stratfordeast.com or call the box office on 020 8534 0310 for more information and to book.



Drop-in session for people with learning difficulties

Come and meet new people. Find out what's going on in your area. Get advice about health, housing, leisure, employment, safety and benefits. Café selling drinks and snacks. Free internet access.

Drop in anytime: Starts 5pm, finishes 8pm

Session dates
Last Monday of every month:

Monday 28 February
Monday 28 March

Address: Katherine Road Community Centre, Katherine Road, Forest Gate, E7

For more information call: Jacqui on 020 3373 1884 or Rasime on 020 3373 3874



Discover The Big Write

Join children's authors, illustrators, artists and storytellers at Discover Children's Story Centre for The Big Write. The third children's literature festival takes place from Thursday 3 to Sunday 13 March at Discover, 383-387 High Street, E15.

A dazzling list of more than 65 events hosted by children's literature's brightest stars makes up the programme for this year. Michael Rosen, Michael de Souza, Nick Butterworth and The Gruffalo's illustrator Axel Scheffler are among the leading lights.

It's not just for children; events include workshops for adults with industry professionals on writing and illustrating with a top commissioning editor and an advice session on ways into journalism and press photography.

There is a lot more to discover on The Big Write; visit www.discover.org.uk for more information. Day passes to the events cost £5.50 per child/£7 per adult – concessions available. To book call 020 8536 5555.



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY



Aalliyah Peerally, 8



Sabrina Daramola, 10

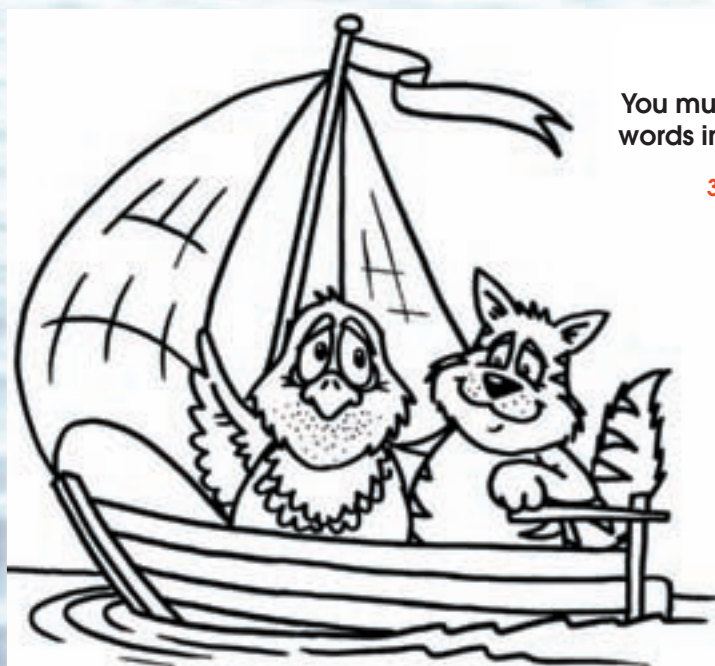


Urua Panchal, 6



Nike Daramola, 10

Colour-me-in Word Fit



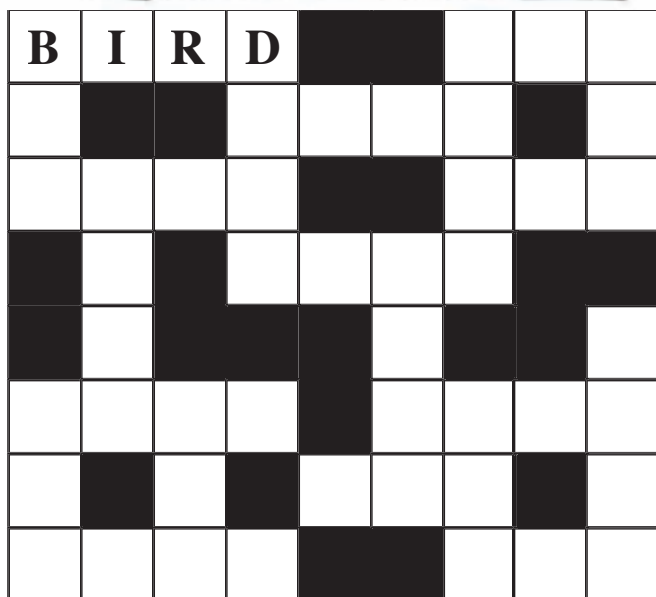
You must fit all the words into the grid

3 letters

APE
ASP
BAR
EYE
FEW
PEA
SEA
RUN
WIN

4 letters

ADAM
AXES
DIET
EASY
FARM
IDEA
OGRE
PEST
RODE
TEAM
TYRE



Poem

You,
A breath of fresh air
Blowing my mind away

You,
A refreshing ray of sunshine
Turning my night to day

You,
A tonic for my mood
Driving the blues away

You,
A spell of bright summer
On dark winter days

You,
A burst of fine energy
Keeping slumber at bay

You,
So different, so unique
For me.

You by
Khadijat Rufai, 10

WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

18 FEB – 4 MAR

TRY SOMETHING NEW... BADMINTON COMPETITIONS

It's that time of year again - whether you're fast and fit or still packing a few Christmas pounds, come along and take part in Newham's badminton competition.

Junior competitions, for those aged under 16, will be held at the following venues from 2-5pm; adult singles competitions for those aged over 16 and doubles for residents aged over 50 will take place from 6-8pm.

Monday 21 February, Lister School, St Mary's Road, Plaistow, E13

Tuesday 22 February, Little Ilford School, Browning Road, Manor Park, E12

Wednesday 23 February, Newham Leisure Centre (indoor sports hub), 281 Prince Regent Lane, Plaistow, E13

Thursday 24 February, Carpenters and Docklands Centre, 98 Gibbins Road, Stratford, E15

Everyone's welcome to the final on Sunday 27 February, from 12.30-5pm, in the main sports hall at Newham Leisure Centre, E13.



ALL LIBRARY LISTINGS

See Library Contacts for venue details.

UNDER FIVES GROUPS

All open to under fives with their parents/carers.

Storytelling

Beckton Globe

Friday 10-11am

Canning Town

Monday 10.30-11.30am

Custom House

Tuesday 10.15-11.15am

East Ham Wednesday
2-3pm

The Gate Friday

11am-12noon

Green Street Thursday

10.30-11.30am

Manor Park Thursday

10.30-11.30am

North Woolwich

Thursday 2-3pm

Plaistow

Tuesday 11am-12noon

Stratford Tuesday

11am-12noon and

Friday 2-3pm

Crafts Club

Manor Park

Tuesday 10.30-11.30am

Toy Library

Beckton Globe Monday

10am-12noon and

Thursday 1-3pm

East Ham Tuesday

10am-12noon and Thursday

10am-12noon

Imaginative Play

East Ham Friday

10.30-11.30am

Learning & Craft

Beckton Globe Tuesdays

during school term

1.30-2.30pm

ADULT READING

Adult Reading Groups

East Ham Monday 21

February 6.30-7.30pm

The Gate Tuesday 1 March

6.30-7.30pm

Plaistow Thursday 3 March

6.45-7.45pm

Over 50s Reading Group

Beckton Globe Tuesday 1

March 9.45- 11.45am

OTHER GROUPS

Over 50s Club

Beckton Globe Tuesday

9.45-11.45am

Click-On – computer sessions for over 50s, contact the library to book a place

East Ham Friday 10am-

12noon and 2-4pm

Plaistow Friday 10am-12noon

and 2-4pm

ICT Surgeries

Green Street

Tuesday 10am-12noon

The Gate Thursday 10am-12noon

Manor Park Thursday 2-4pm

Knit & Natter – craft group for men and women of all ages and abilities

Beckton Globe Wednesday

10am-12noon

Canning Town

Friday 10am-12noon

Writers' Group

The Gate Tuesday 22 February

5.45-7.45pm

Movie Night at Stratford

Library – free showing of the film *The Expendables* (Cert.15)

Directed by Sylvester Stallone

Thursday 3 March 6-8pm

(prompt start)

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.

Beckton Globe

Tuesday 4-6pm

Canning Town

Thursday 4-6pm

Custom House

Thursday 4-6pm

East Ham

Monday 4-6pm

The Gate

Tuesday 4-6pm

Green Street

Tuesday 4-6pm

Manor Park

Thursday 4-6pm

North Woolwich

Monday 3.30-5.30pm

Plaistow Thursday 4-6pm

Stratford Monday 4-6pm

Games Clubs – Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.

Canning Town

Monday 3.30-5.30pm

Custom House

Tuesday 3.30 to 5.30pm

East Ham

Tuesday 3.30-5.30pm

Manor Park Monday 3.30-

5.30pm

Stratford Playerz – Free activities for seven to 14-year-olds. Play PS3, Xbox 360 and Wii consoles.

Stratford Thursday 24

February 4-6pm

Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for ages 12-16.

Beckton Globe Wednesday 3-5pm

Teen Xtra Evenings – Free activities for ages 12-21.

The Gate Thursday 6-8pm

Family Reading Group – A chance for children aged five to 11 and their families to read and have fun together.

The Gate Saturday 26

February 2.30-4pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 3373 0853

Canning Town Barking Road, E16 4HQ. 020 3373 0854

Custom House Prince Regent Lane, E16 3JJ. 020 3373 0855

East Ham High Street South, E6 6EL. 020 3373 0827

The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856

Green Street 337-341 Green Street, E13 9AR. 020 3373 0857

Manor Park Romford Road, E12 5JY. 020 3373 0858

North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843

Plaistow North Street, E13 9HL. 020 3373 0859

Stratford 3 The Grove, E15 1EL. 020 3373 0826

Archives and Local Studies 020 3373 6881

Community Outreach

Services For more information call 020 3373 0813

SPORTS PROGRAMME

Basketball

Newham NSP (free)

- Basketball coaching, 8-19

Mon, 7.30-9pm

Little Ilford Youth Centre, E12

- Basketball Competition, 8-19

Tues, 6-7.30pm

Lister School (Sports Hall), E13

- 3 vs 3 league, 8-19

Thurs, 5-7pm

Forest Gate Youth Centre, E7

Youngbloods Basketball

- Under-12s, mixed

Saturdays, East Ham Leisure Centre

1-3pm

- Under-13/14s, boys

Mondays, 6-8pm, St Angela's School

Tuesdays, 5.30-7.30pm

Newham Leisure Centre

- Under-14s, girls

Mondays, 4.30-6pm, St

Angela's School

Tuesdays, 5.30-7.30pm,

Newham Leisure Centre

- Under-15/16, boys

Tuesdays, 6-8pm, East Ham

Leisure Centre

Fridays, 6-8pm, St Angela's

School

- Under-17/18 boys

Tuesdays, 8-9.45pm, East Ham

Leisure Centre

Thursdays, 7-9pm, St

Bonaventure's School

Fridays, 6-8pm, St Angela's

School

Each session costs £1. Contact

Caroline on 07958 307 657 for

more details.

Football

Newham NSP (free)

Five-a-side

- U14 & U18

Mon, 6.30-8.30pm

Newham Leisure Centre, E13

- 11-18

Wed, 5-8pm

Priory Park MUGA, E6

- 8-19

Wed, 5-6.30pm

Keir Hardie Park, E16



Football

- Five-a-side, 8-19

Fri, 6-7.30pm

Scud Park, Tant Avenue,

Canning Town, E16.

- Mayor's Football League, U14, U18,

Thurs, 4-6pm

Memorial Park

- Coaching and competition, 8-19,

Sun, 1-2pm

Winsor Park, E6

- Monthly tournament

U12, U14, U18, 10am-1pm

First Sat of the month

Plasht Park, E6

WHU Kickz (free)

Mon

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro

Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Tues

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro

Turf (Beckton)

- 11-18, 6-9pm

Priory Park MUGA, E6

Wed

- 11-18, 5-8pm

Priory Park MUGA, E6

Thurs

- 11-18, 4-7pm

Priory Park MUGA, E6

Fri

- U14, 4-5.30pm

- Girls 11+, 5.30-7pm

West Ham Community Astro



Click-on



Turf (Beckton)
- 11-18, 5-8pm
Forest Gate Youth Centre, E7

Air Football 16+

Tues

1-3pm, Stratford Park, E15

Fri

3-5pm, Beckton Powerleague

For more info visit

www.airfootball.co.uk

Ascension Football Academy

For info call Louise on

07841 749 292.

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

All sessions £2.50

King George V Park, E16

Football and basketball Newham All Star Sports Academy (NASSA)

- 12-16 mixed, Mon

6-7.30pm,

- 18+, 7.30-9pm, Newham

Leisure Centre, E13

-11-16 girls, Tues,

4.30-6pm, Sarah Bonnell

School, E15

- Fri, 4.15-5.30pm 8-11 mixed

3.30-7.30pm, 12-16 mixed

Cumberland School, E13

For more information about

Newham All Star Sports

Academy (NASSA)

call Chris on 07932756197

or Natasha on 07985281581

or visit www.nassa2012.org.uk

Handball (free)

- Newham Flames, Tues

U15, 3.30-5pm

U18, 5.30-6.30pm

Newham Leisure Centre, E13

(Multi-Sports Hub)

Call Ari Bekker on

020 8430 2484

Multi sports (free)

Newham NSP

- Handball, football,

competition

5-7pm, 8-19

Wed, Stratford Park, E12

- Coaching and competition

4-5.30pm, 8-19

Fri, St John's Community

Centre, Albert Rd, E16

Athletics at Newham Leisure Centre

- Get Set Go Group, 11-16

Mon, 4-5.30pm, £1

- Met Track 10-17

Fri, 4.30-6pm

- Newham and Essex Beagles

Athletics Club, 10+

Mon and Wed, 6.30-9pm;

Sun, 10am-1pm

Email [jacqueline.ramsden1@](mailto:jacqueline.ramsden1@btinternet.com)

btinternet.com

Cricket

- Tapeball cricket league (free)

11-15, 16+, 6-9pm

Kingsford Astro Turf

- Newham Cricket Club

Monday 5-7pm

8-16, £2 per session

Flanders field,

Napier Road, E6

Visit www.newham.gov.uk

for information.

Boxing

East Ham Boleyn ABC

10- years +; boys only

- Mon, Tues, Wed, 5-6pm

East Ham WMC, 2 Boleyn
Road, E6

Call Daniel Penny on

07958 124 144

- West Ham Boys ABC

9-years +; boys and girls

Mon, Wed, Fri, 5-6pm

The Black Lion, 59-61 High

Street, E13

Call Lianne Jameson on

020 8472 3614

- Peacock ABC 8-years +

Mon, Wed, 6-8pm

boys and girls

Caxton Street North, E16

Call Martin Bowers on 020

7511 3799

- Newham Boys ABC

6-years +; boys only

Mon, Wed, Fri, 6-7.45pm

Old Bath House

141 Church Street, E15

Call Ravinder Atwal/Joe

Chapman 020 8519 5983

- Fight For Peace 11 years

+; boys and girls

(Phone for session details)

Woodman Street,

North Woolwich, E16

Call Marigold Ride

on 020 7474 0054

Contact clubs before

visiting

Free non-contact boxing

Non-contact boxing is the perfect way to increase your fitness, lose weight, build strength and learn to defend yourself.

Osmani Boxing Club is open

to males aged eight to 25

Fridays, 4-6pm

Froud Centre, 1 Toronto

Avenue, E12

For more information call

020 7247 8080 or email

healthyfutures

@osmanitrust.org

Free sports@Ascot Hall

Football, girls and boys, eight-15yrs, Sat, 10am-12pm

Street dance for girls, all ages, Sat, 12-1pm

Non-contact boxing, eight-12yrs, Sat, 2-3pm

All sessions are free, for info call 020 8430 4775

Ascot Hall, Hermit Road, E16

Newham Swords

Learn to fence with Olympic champions; from ages four

to adult. The Hub in the grounds of Newham Leisure Centre,

Prince Regent Lane, E13.

Tuesday 6.30-9pm

Thursday 6.30-9pm

Friday 7.30-10pm

Call Linda on 07956 618 898 or

visit www.newhamswords.co.uk

Newham Striders

Free, sociable walking group

that go striding in the local

area seven days a week. Visit

www.newham.gov.uk, email

paula.peaty@newham.gov.uk

or call 020 8430 2000 for

more information.

Universal Warriors Kickboxing Club

The Hub, 123 Star Lane, Canning Town

Mondays and Wednesdays,

6.30-8pm

Grassroots, Memorial Park,

Memorial Avenue, West Ham

Fridays, 6.30-8pm

Saturdays, 10.30am-12noon

Cost per class: under-16s and

concs. £5; 16+ £7



For more information call Don on 07784 712 813 or email teamrichards@hotmail.co.uk

Newham Shoujin Karate Sessions for beginners:

Wednesday 4.30pm-5.30pm (4-15)

Thursday 6-8pm Fighting Fit (karate combat techniques and fitness) (16+)

Friday 6-7pm (4-15) & 7-8pm (16+)

Sunday 10-11am (4-16+)
Sessions are held at Newham Leisure Centre, Prince Regent Lane and the adjacent Multi-Sports Indoor Centre. For more information call 07508 070 638.

Ramgarhia

Badminton Club

Adults (Advanced)

Tuesdays, 7-9.30pm
Little Ilford School
Church Road
Manor Park

Juniors

Fridays, 6-7.30pm
Adults (Beginners/Intermediate)
Fridays 7.30-9.30pm
Langdon School, Sussex Road, East Ham
For more information and prices contact Kilvir Bahra on 07803 834 037 or email ramgarhia.bc@gmail.com

OPA Netball Club

Tuesdays

Under 16s: 6-7pm and over 16s 8-9pm

Matches in Essex Met League/Three Swords League on Saturdays

Lister Community School, St Mary's Road, Plaistow

All levels welcome, for more information and prices call Lesley Jones on 07717 281 529 or email opa_netball_club@hotmail.com

Run in England – all £2

For more details email oimafidon@runinengland.co.uk

or call 0797 926 1647

Monday, 4-5.30pm, Newham Leisure Centre E13, meet on the track

Tuesday, 6-7pm, Newham Leisure Centre E13, meet on the track

Wednesdays:

12noon-1pm, Newham Dockside, Dockside Road E16, meet at reception
5.30-6.30pm, Newham Leisure Centre E13, meet on the track

Saturdays, all 10-11.30am: Central Park E6, meet at the café,

Wanstead Flats, meet at Harrow Rd Changing Pavilion
West Ham Park E15, meet at southgate entrance off Portway

Sunday, 10am-12 noon, Newham Leisure Centre E13, meet on the track

Women United FC (16+)

Mondays (Term time only)

6.00-7.15 Kingsford School, Kingsford Way
Call Shona Pollock on 07968 665849

Woodside

Badminton Club

Fridays 8-9.30pm

Carpenters Docklands Centre
98 Dibbins Road
E15 2HU. Intermediate and club standard players welcome. Call steve 020 8514 1586.

£5 waged/£3 unwaged

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Free Flying Wheels club for young wheelchair users aged six to 22. With an emphasis on wheelchair rugby and training from professional players.
Wednesday evenings, 7-9pm
The Hartley Centre, 267 Barking Road, East Ham, E6
Call Eda on 020 8472 0058 for

more information.

Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm
Fri, 4-8pm, Newham Leisure Centre, E13, free

Multi-Activities

People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12.30pm

Swimming for children and young people with special needs

Newham Otters Swimming Club, Sat, Newham Leisure Centre E13, 4.45-5.45pm

For more information call 020 8552 3195

£5 Family Swim, Sun, Balaam Leisure Centre, E13, 12.30-2pm

For details call Zeenat on 07528 562 902

Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am-12noon

For all of the following sessions contact Zahra at GLL on 020 7511 4477.

Free Trampoline sessions

Fri, 4-8pm; Sat 12.30-2.30pm, Newham Leisure Centre, E13

Free exercise to music

Sat, 12.30-2.30pm, Newham Leisure Centre, E13

Mixed swimming session for adults and children

Wed, 10am-12noon, East Ham Leisure Centre, £1.15

Families dealing with Autism Swim

Wed, 4-5pm, Balaam Leisure Centre, free.

Monthly drop-in sessions for people with learning difficulties

Advice about health, housing, leisure, employment, safety and benefits. Free internet access. Drop-in from 5-8pm. Last Monday of every month; next session on **28 Feb**. Katherine Road Community Centre, Katherine Road, E7. Call Rasime on 020 3373 3874.

ARTS LISTINGS

Theatre Royal Stratford East

Martina Cole's The Graft

11 February-12 March

Tues – Sat eves, 7.30pm, Sat mats 5 & 12 March, 2.30pm
Tickets: £12 - £24. All seats £12 on 11, 12 & 15 February
Pre-show discussion with Martina: 23 February, 6.30pm
Captioned: 3 March, 7.30pm
Sign-language interpreted:

5 March, 2.30pm. Audio described: 12 March, 2.30pm - touch tour at 1.30pm.

Age recommendation: 15+.

Contains strong language and is not for the easily offended.

Box Office: 020 8534 0310,

website: www.stratfordeast.com

East London Dance @ Stratford Circus

Blueprint Saturday 26 February, 8pm

The freshest moves and latest trends from the best young dance makers

Illegal Dance

Saturday 5 March, 8pm

Featuring London's leading Hip Hop company, Avant Garde Dance

Mixed movement (part 1)

Thursday 10 March, 7.30pm

Breathtaking improvised dance from soloists and newly formed duets.

If you want to join the performance email office@eastlondondance.org Any style welcome. Box office: 020 8279 1050, website www.eastlondondance.org

Stratford Circus Psychological Arts Circus – Human Document

Friday 18 February
Time: 8pm (Doors: 7.30pm)
Tickets: £14/£10 concs
Recommended age: 12+/
Parental Guidance

Saturday Scratch – Spit and Sawdust

Saturday 19 February
Time: 8pm (Doors: 7.30pm)
Tickets: £10
Box office: 0844 357 2625,
www.stratford-circus.com

Stratford Picturehouse Weekly events – Silver Screen

Discount tickets and complimentary tea/coffee and biscuits for over 60s. Any show before 5pm on Wednesdays.

Big Scream

Club for parents with babies under one. Every Tuesday,

10.30am (excluding school holidays)

Autism-friendly Kids' Club Saturday 5 March

One of our Kids' Club films will be played to autism-friendly standards.

Culture Shock

Tuesday 1 March
Aliens and Predator double bill. Joining us on the night will be members of the UK Colonial Marines along with a captured Alien
Tickets: £12/£11 concessions/£10 Members

Charity Screening Horse Boy+ Q&A

Thursday 3 March, 6.30pm
Film plus Q&A with Rupert Isaacson, writer of The Horse Boy and father of the family the film portrays.
All tickets £5.50
Email stratfordeast@picturehouses.co.uk, website www.picturehouses.co.uk

COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, E6 unless specified.

Tuesday 22 February
Investment and Accounts

Committee, 6.30pm
Overview and Scrutiny Committee, 7pm

Wednesday 23 February

Strategic Development Committee, 7pm

Monday 28 February

Council, 8pm

Tuesday 1 March

Regeneration and Employment Scrutiny Commission, 7pm
Health and Social Care Scrutiny Commission, 7pm

Wednesday 2 March

Newham Partnership – Crime and Disorder Reduction Partnership, 7pm

Thursday 3 March

Mayoral Proceedings, 10am

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – www.newham.gov.uk

The Forward Plan, also available on the Newham website, sets out all key decisions to be taken over the next four month period. The January Edition of the Forward Plan was published on 17 December 2010.

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email mag@newham.gov.uk

DO YOU HAVE FOND MEMORIES OF THE HARTLEY CENTRE?

The Hartley Centre, 267 Barking Road, E6 will be celebrating its 90th anniversary in 2012 and is looking for photos, documents and personal testimonies for a memorabilia exhibition in October.

If you've got any artefacts, particularly from before 1970, the centre would love to hear from you. And if you've got any stories to tell, get in touch and the Hartley Centre will visit you to record your reminiscences.

Call 020 8221 4430, email ann@renewalprogramme.org.uk or simply drop in to the centre to help bring the work and energy of the Hartley Centre to life for this special exhibition.



MEET THE MAYOR

Mayor's Surgery

Saturday 26 February,
9.30-10.30am
Manor Park Local Service Centre, 685-689 Romford Road, E12

Thursday 3 March 12noon-1pm
Stratford Local Service Centre,
112-118 The Grove, E15
Please arrive promptly at the start of surgery to be seen.

Telephone Surgery

Wednesday 23 February,
9.30-10.30am
Call 020 8430 2107

There are more local NHS dentists than you think



Find out more about how to look after your teeth at our Dental Road show

- Monday 21 February 2011 at Asda, Tollgate Road, Beckton
- Tuesday 22 February 2011 - St Johns Road Car Park, junction of Barking Road and High Street North.

To find an NHS dentist near you can call the NHS Newham Find a Dentist service on 020 7059 6566.

The service is available from 9am to 5pm, Monday to Friday.

To find out more information on dentistry you can visit NHS Choices website at www.nhs.uk or text 'dentist' to 64746.



For all children and young people aged 4 to 19 years

CLASS DIVISIONS:

4 years to 7 years

8 years to 11 years

12 years to 15 years

16 years to 19 years

Saturday Drama Academy!
1 minute walk from West-Ham Station, E15 (full address & directions provided on our website!)

**£4 PER
DRAMA
CLASS**

**2 hours
That's only
£2 per Hour!**

**NO HIDDEN COSTS
NO JOINING FEES
FIXED CLASS FEE
FREE REGISTRATION**

OPEN DAY: Saturday 26th February!

LEARN, DEVELOP & GROW THROUGH DRAMA. HAVE FUN, BE CREATIVE, TEAMWORK, MEET NEW FRIENDS, BUILD CONFIDENCE & EXPLORE...

As an academy we specialise in focused drama modules & syllabus, one-to-one and group drama training. All students are trained in 22 complete drama modules including training for Auditions / Interviews / Entrance exams, Creative writing, Scriptwriting, Film and Television.

DON'T MISS OUT!! Sign-up now before spaces go!!!!!! It's as simple as visiting our website and clicking on the 'SIGN-UP TODAY' button. Once you have registered simply turn-up on our open day with your registration confirmation and £4 class fee. Our friendly staff will be there to welcome, enrol and assist you to your class where the fun and journey begins! Hurry places are limited and in high demand, so sign-up for FREE today to book your place!

Visit our website and simply register at: oscar-drama.co.uk

Registration code: N212